GHB

What is GHB?

- **GHB, or Gamma Hydroxlbuteric Acid, is a central nervous system depressant that sometimes causes hallucinations.**
- **Also known as a *date rape* drug because of its association with sexual assaults.**
- **Usually found as a clear liquid with a slight salty taste.**

Learning Objectives

- Identify the chemical name for GHB.
- Identify the effects GHB can have on the human body.

What is GHB?

GHB is usally clear. Many users add food coloring or mix the drug in orange or other juice or a bottle of water.
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- GHB is often sold by capful or teaspoon and consumed orally.
- Each dose appx. $5-$10 and is 1-5 grams.
- Also known as Georgia Home Boy, Liquid X, Goop and Grievous Bodily Harm.
- Schedule I Substance in the United States.

History of GHB

1960s – GHB is developed as an anesthetic.

1980s – GHB can be bought in health food stores and use begins to rise amongst body builders.

1990 – FDA bans over the counter sale of the drug through out the United States.

1997-99 – Several states and countries pass laws to control the sale and consumption of GHB.

How is GHB Used?

- GHB is almost always consumed orally.
- Sometimes mixed with sweet or strong alcoholic drinks.
- Onset of the effects occur approximately one hour after ingestion.
- Effects of GHB can be felt for up to six hours.

Effects of GHB – Low Dosage

Low, or recreational, doses are considered to be 1-2 capfuls by users. Low doses of GHB can cause:

- **Hypnotic Consciousness**
- **Relaxation**
- **Reduced Inhibitions**
- **Decreased Motor Skills**
- **Mild dizziness**
- **Nausea**
- **Lowered Blood Pressure**
- **Lowered Heart Rate**

Effects of GHB – High Dosage

High doses are considered to be 3-4 capfuls by users. The effects of high doses have been compared to those of extremely heavy drinking:

- **Slurred Speech**
- **Nausea / Vomiting**
- **Vertigo**
- **Hallucinations**
- **Respiratory Distress**
- **Amnesia**
- **Seizures**
- **Coma / Death**

GHB Testing in the Army

- GHB is detectable in urine for approxiametely 24 hours after consumption.
- The Army DOES NOT test for GHB on a regular basis.
- Contact your local ASAP for assistance and guidance regarding testing for GHB as special procedures MUST be followed.
- The illegal use of GHB or any drug goes against Soldiers Values and Warrior Pride.

Additional Information

Additional information on GHB can be found by contacting the Army Substance Abuse Program or by visiting www.acsap.army.mil.

WARRIOR

Personal Courage: Possess the Personal Courage not to use drugs or abuse alcohol and to notify the Chain of Command of Soldiers that do.

Respect: Show your Respect to the Army, your unit, fellow Soldiers, and yourself by staying drug free and drinking responsibly.

Integrity: Stay true to the Army Values and Warrior Ethos by supporting the Army's drug and alcohol policies.

Duty: Do your duty as a Soldier and stay mentally and physically tough by not using drugs or abusing alcohol.

Excellence: Exhibit honorable behavior on and off duty - don't be a substance abuser!